

DELICACIES OF FAR NORWAY—FASHION TALKS—CAN THIS BE LOVE?—WOMAN'S EXCHANGE

MRS. WILSON GIVES NORWEGIAN RECIPES

From the Land of the Doughty Norsemen Come Many Goodies That You Will Enjoy Trying—Some Custards and Delicious Salads

By MRS. M. A. WILSON

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THE stout, doughty Norsemen of the North and the Viking alike have strong ties of kindred and of home. These plain country folk, whose chief occupation is dairying, dearly love their homes. Tradition tells us of the wonderful goodies made with abundance of milk, cream and cheese, for you know that Norway exports butter and cheese. Norwegian cream is very thick and smooth, much like that from our alderney herds in this country. And I hardly need tell you that the poultry raising, which is also conducted along with the dairying, gives the housewife plenty of eggs with which to concoct delicious dainties, for which these folk are justly famous.

The Norwegians are by nature very hospitable, and the stranger within their gates, as well as the known traveler, is hailed with delight upon his appearance.

The wealthy farmer has many curious arrangements in his home; usually the kitchen is a separate building, but the larger farmer generally has three or more of these kitchens in a group—one for the dairying, etc., one for curing meats and the family kitchen, which has a great stone range, with a low hanging roof, which carries off the smoke, steam and odors. Here we find a great tin basin, kept exclusively for mixing doughs; large vats for boiling are close by. Great large oat cakes, nearly fifteen inches in diameter, are made and then stacked in the attics to dry. The laboring class partake freely of this bread and drink large quantities of buttermilk to relieve their fatigue, which is due to the strenuous labor of caring for the grazing cattle while they are on the mountain pastures during the summer season, and to fortify and sustain them in their long trips during the winter. For, you know, the long, cold winters in Norway bring an abundance of snow. The summers are very short. The vegetation is very luxuriant, so that the farmers very literally must make hay while the sun shines, so that he can enjoy peace and prosperity during the long, bitter winters. It is during this season that much entertaining and merrymaking is indulged in, for these simple folk, with their plain needs, want nothing better than a barn dance to while away the long winter evenings.

Norway is also a fishing community, whose many attractive ways of preparing fish are as delicious as their other foods.

Fish Soup

One red beet,
Three medium-sized onions,
One carrot,
Three leeks,
Six branches of parsley,
One and one-half cups of finely chopped cabbage.

Chop fine and then place in a saucepan and add two cups of cold water. Cook gently until the vegetables are very soft and then add

Three cups of fish stock.
Stock made by cooking the head, fins and bones of one and one-half pounds of fish. Season with

Two teaspoons of salt,
One teaspoon of paprika,
Juice of one-half lemon,
Two tablespoons of butter.

Simmer slowly for fifteen minutes and then place the prepared fish in a tureen and pour over the broth. Sprinkle with paprika and finely chopped parsley and then serve at once.

To Prepare the Fish

Remove the heads, fins and bones, using them for the fish stock. Place filets in a dish and marinate for one hour in

Three tablespoons of lemon juice or vinegar,
Two tablespoons of salad oil,
Two tablespoons of grated onion,
One teaspoon of salt,
One teaspoon of paprika.

Then roll lightly in flour and dip in beaten egg, then in fine crumbs and fry until golden brown in hot fat.

Cabbage Soup
Two parts of water,
Onions, chopped fine,
A lot of soup herbs,
Pieces of salt pork, cut into

Two and three-quarter pounds of soup meat, with bone in it,
Two and one-half cups of finely shredded cabbage.

Place in a saucepan and cook slowly for one and three-quarter hours. Now add two tablespoons of flour, dissolved in one-quarter cup of water, and season with

One tablespoon of salt,
One teaspoon of pepper,
One-half teaspoon of thyme.

Serve, reserving the meat for Norwegian beef.

Chop the meat very fine and then place in a bowl and add

Four onions, chopped fine,
Two cups of stewed tomatoes,
One-quarter cup of finely minced parsley,

One cup of finely minced mush-

One teaspoon of pepper,
Two teaspoons of salt.

Mix thoroughly and then place in a baking dish and over it pour one and three-quarter cups of brown gravy. Sprinkle with fine bread crumbs and then with two tablespoons of grated cheese. Bake in a moderate oven until brown on top.

Rogbrod

This is a Norwegian national dessert.

One pint of currant or other fruit juice,
One pint of water.

Three-quarters cup of sugar.

Bring to a boil and then add five and one-half ounces of well-washed tapioca and a spice bag. Cook until the tapioca is soft and clear. Pour into custard cups and serve with sweetened cream.

Norwegian Salad

Place in a mixing bowl

Three-quarters cup of finely minced chicken,

One-half cup of finely minced tongue,

One-quarter cup of finely minced cold-boiled carrots,

Two cold-boiled potatoes, diced,

One cup of cold-boiled string beans,

Two teaspoons of salt,

One teaspoon of pepper,

One cup of mayonnaise dressing.

Mix and turn into a bowl lined with lettuce. Garnish with pickled beets.

Natrouskis

One cup of cottage or pot cheese,

One tablespoon of melted butter,

One-half teaspoon of mace,

One-quarter teaspoon of salt,

Yolks of two eggs,

One tablespoon of flour,

Three-quarters cup of sugar,

One-half cup of finely minced raisins.

Mix thoroughly and then roll out a plain pastry. Cut into squares and place one tablespoon of the prepared mixture in the square. Brush the edges with water and then fold over in a three-cornered fold. Brush the tops with beaten white of egg and then bake in a moderate oven for twenty minutes.

Charlotte—Swedish

Cut a sponge cake into neat slices and then spread with jelly. Then cover with a fruit sirup and top with whipped cream. Sprinkle with finely chopped nuts.

Norwegian Charlotte

This is a most elaborate charlotte. Cut a sponge cake into three horizontal slices and spread with the following mixture:

Four ounces of almonds, ground fine,

One-half cup of coconut, shredded fine,

One-half small bottle of Maraschino cherries,

Whites of two eggs, beaten stiff,

One-half cup of XXXX sugar,

One teaspoon of vanilla.

When the layers are in place spread with a whipped cream and cover with the following mixture:

One cup of coconut, shredded fine,

One cup of nuts, chopped very fine and then dust well with cinnamon.

Sponge Custard

Put sufficient stale sponge cake through the food chopper to measure one cup. Place in a bowl and add

Two well-beaten eggs,

One cup of milk,

Three-quarters cup of sugar,

One-half cup of coconut,

One teaspoon of vanilla,

One-half teaspoon of cinnamon.

Mix well and then pour into either custard cups or a baking dish and bake for thirty-five minutes in a moderate oven. Serve with whipped cream.

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The Woman's Exchange

Surprise Party for Sister

To the Editor of Woman's Page:

Dear Madam—Would you be so kind as to write me regarding the following:

My sister will be twenty-one years of age very soon, and I would like to give her a surprise party.

I wish to send out invitation cards. What form would you suggest?

I also want to have pretty and attractive decorations for two rooms: one for the parlor, where the company will be most of the evening, and one for the dining room, where we will have refreshments. I believe something comical and pretty, denoting that as she is now of age she can be her own boss, or if you haven't anything like that please give me your best suggestion.

I was thinking of having something like a cold supper. What would you suggest?

I am going to have about two couples. I would appreciate it very much if you would send me this information as soon as possible.

J. R.

The only way to send out invitations to a surprise party is in the form of an informal note, as that is the only way you can explain about the surprise. I am enclosing some games that you can play. Use the Liberty Bell as your emblem of freedom. Hang a large pasteboard bell with 21 painted on it in large letters from the chandelier in the parlor. For the rest of the decorations use flowers in bowls placed in prominent places. If you like, you might make the room into a sort of bower by attaching strips in twisted crepe, in the colors that your sister likes best, to the edge of the bell and letting them extend to the corners of the room.

Use the centerpiece of the table as a long platter or shallow pan filled with paucies or some other plant that grows low. Have four candlesticks with flower shades on them, and beside each candlestick have a doll dressed like the Statue of Liberty, with one arm held up against the candlestick, in the pose of the statue. For a cold supper have fruit salad with mayonnaise dressing, bread and butter, sandwiches, lemonade or iced tea, cake, candy and salted nuts. I hope your party will be a great success.

The Question Corner

Today's Inquiries

1. Who is Miss Belle Kinney?
2. Describe an unusual test to be worn with the surprise dress.
3. How can unleached muslin and colored material be combined to make pretty kitchen curtains?
4. What economy in the use of cold starch will save some pennies on the grocery bill?
5. How can the chiffon skirt of a wide evening dress from last year be utilized?
6. What dainty trimming is pretty for shoe-trees for the bride?

Yesterday's Answers

1. Women who are capable orators will be asked to help both Democrats and Republicans in next year's national campaign.
2. Parchment, painted in pretty design, and fastened on the frames, by hand, makes attractive hat shades for the shades of bracket lights.
3. A bathing-suit can be made from a silk dress that is out of style by using the skirt as a tunic, cutting a V-neck in the top, and armholes in the sides. Use the old sleeves, cutting them as short as desired, and opening them on top of the arm so that the fastening of the whole tunic is on one shoulder.
4. Brown is very popular for both afternoon and evening dresses. It is used in all shades.
5. To stiffen a crocheted basket so that it will hold flowers, dissolve dry glue in boiling water and let cook for a few minutes. Dip the basket in, place it on a piece of glass and pull it into the proper shape. When dry it will stand by itself.
6. The silhouette that was formerly in style for evening gowns and is coming back again is the bouffant or balloon effect.

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Mrs. Wilson Answers Queries

My dear Mrs. Wilson—Will you please publish in the paper a good recipe for Brunswick stew? Thanking you in advance for your favor.

W. H.

Brunswick Stew (Chicken) From Georgia

Cut an old fowl for stewing and cook until nearly tender, then remove the meat from the bones and add

Three-quarters cup of finely chopped onions,

One cup of stewed tomatoes,

One cup of stewed corn.

Cook until the chicken is tender and then add

Two slices of bacon, cut in dice and nicely browned.

One-half cup of bread crumbs.

Season to taste with salt, pepper and one-half teaspoon of sweet marjoram.

My dear Mrs. Wilson—Will you please explain to me how I can soften orange and lemon peel? It has got so hard I can scarcely put it through the food grinder. How should peel be kept so it will not harden? I always have this trouble. Thanking you very much, I am,

Mrs. L. J. T.

Soak the peel in boiling water until soft and then drain and pat dry, then cut and use. Peel should be kept in air-tight containers.

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Adventures With a Purse

"I'M ADVENTURING," I smiled, "got anything nice to tell me about?" She thought for a moment and then her face brightened. "Oh," she exclaimed, "there are the coral chains." Together we went over to them. "They look so nice with summer dresses," she explained. And one would. Of large coral beads, soft and glowing pink, they are three-quarter length and here and there have a metal silver finish link distributed among the corals. Another nice feature of these chains is their price, for they are marked at \$1.

You have, of course, seen the little wire holders for soap scraps. One fills them with odds and ends of soap and swishes them through the hot water, making it soapy and cleansing. Well now, the one I have discovered fits right over the spigot. It is handy, most convenient and costs but ten cents.

The Recently Returned and myself were having an earnest, serious discussion. "A woman," he said very positively, "should never let a man see her with her hair in curlers." "I agree absolutely," I replied dutifully. "She doesn't have to, anyway," thought I to myself. "She can wear 'em in the daytime." These curlers that I saw look particularly efficient, due to the fact that they are made entirely of rubber. An elastic curler of this sort should hold the hair good and tight and curl it in no time. And, of course, being made of metal, they ought not to cut or break the hair. A card of four is priced at twenty-five cents.

For the names of shops where articles mentioned in "Adventures With a Purse" can be purchased, address Editor of Woman's Page, EVENING PUBLIC LEDGER, or phone the Woman's Department, Walnut 3000.

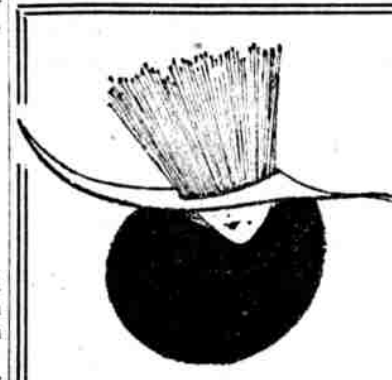
Of Interest to Women

The Iowa Federation of Business and Professional Women's Clubs has been organized, with headquarters in Des Moines.

Women are forbidden entrance to the Asiatic town of Mianwahchi, on the borders of Russia. The town is peopled by men only.

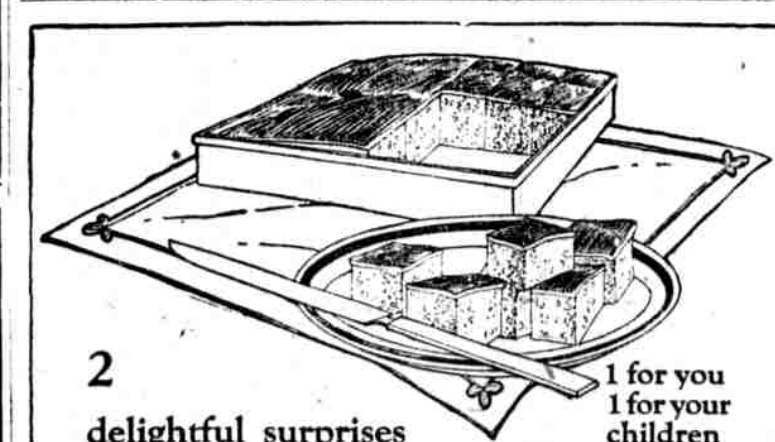
Both Democrats and Republicans already are casting about for capable women orators for next year's national campaign. The women stump-speakers will be chosen for their gifts and training in the art of clear, forceful and convincing speech.

Both in England and in France women peers originally communicated their titles and dignities to their husbands. In England today, in a few instances, women have had conferred upon them titles in their own right, with remainder to their eldest son, but the husband does not share the title.



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A NEW OLD-FASHIONED GINGERBREAD

1/2 cup COVO 1 cup milk 1 level tablespoon ginger
1 cup sugar 3 cups flour 2 tablespoons
2 eggs 1 rounded teaspoon baking powder 1 cup raisins
1 cup molasses pinch salt

Beat COVO till creamy. Add sugar. Then the well-beaten eggs. Beat mixture till very light. Add molasses and stir in well. Then the soda dissolved in a tablespoon of water. Sift together the flour, baking powder and salt, and add to first mixture with the milk. Lastly add the ginger and cinnamon and raisins dredged in a little of the flour. Beat till very smooth. Bake in greased pan in moderate oven about 40 minutes.

AND, of course, you will want to use COVO for salads when you want that delightful nut-like taste it adds to all dressings.

AT GROCERS in line of pint, quart, half-gallon and gallon sizes



IS THERE SUCH A THING AS LOVE AT FIRST SIGHT?

Here Is a Young Reader Who Hopes to Win a Neglectful Suitor Back on the Claims of It

IS THERE such a thing as love at first sight? A little reader friend comes to me with the plea that a young man who rowed and declared he fell in love the moment he laid eyes on her and accordingly paid devoted attention to her for three or four months has gone off without as much as calling her on the telephone. Basing her hopes on the "love at first sight" element she wants to know how to bring him back.

Dear Little Elaine—I am going to be cruel to be kind right at the beginning and tell you to forget this young man and learn all over again to be glad and happy about some one else.

Personally I cannot believe there is such a thing as love at first sight.

How could there be? How can a young man fall lastingly in love with a young woman he has never seen before and about whom he really knows absolutely nothing. Love isn't like that. And when it is, it is not lasting. Elaine, as you have discovered, a man whose heart is a hopeless captive the moment he sees a certain attractive girl is as like as not to find himself equally enchained to another girl a little bit more attractive a little later on.

THE real sort of love, Elaine, and that which can stand the wear and tear of months and years is of slow

growth. It is twined around your eyes or the pink glow in your cheeks or he may have loved the fascinating, chatty way you had of talking. But, alas! Elaine, dolls are pretty, too, and as for the rest how many of us can be fascinating in conversation when we first meet a person simply because we

are a closed book to "him" and are therefore interesting. But one cannot go on striving forever to be entertaining. A man must get to the real you sooner or later and it is that you be learns to love or does not learn to love. I think in summing up, Elaine, we might say there is no such thing as "love at first sight" simply because we never are our real selves when we first meet people.

Call this thing that hurt you fascination, dear, but don't cheat yourself out of a future precious possession by naming it love. Some bright day you are going to know the difference.

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